

1   Claims

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3   1.   An article of footwear comprising of an upper  
4   portion and a sole portion, the sole portion being  
5   connectable to the upper portion and including a  
6   pocket for receipt of a microwaveable heating pad,  
7   wherein the article is adapted for removal and  
8   insertion of the microwaveable heating pad.

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10   2.   An article of footwear as claimed in Claim 1 in  
11   which the upper portion and the sole portion are  
12   detachable along at least a portion of a  
13   circumference of the article to allow access to the  
14   pocket for insertion and removable of the  
15   microwaveable heating pad.

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17   3.   An article of footwear as claimed in Claim 2 in  
18   which the upper portion and the sole portion are  
19   connected by means of a detachable fastener such as  
20   a zip.

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22   4.   An article of footwear as claimed in any  
23   preceding Claim in which the pocket is dimensioned  
24   for receipt of an insole-sized microwaveable heating  
25   pad.

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27   5.   An article of footwear as claimed in any  
28   preceding

1 Claim in which the upper portion is adapted to at  
2 least partially enclose a user's foot, and includes  
3 a base upon which, in use, a user's foot rests.

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5 6. An article of footwear as claimed in any  
6 preceding Claim including a solid, microwaveable,  
7 heating pad which is dimensioned to fit into the  
8 pocket.

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10 7. An article of footwear as claimed in Claim 6 in  
11 which the heating pad comprises a mixture of ferrite  
12 and silicone, optionally in a ration of 2:1 (W/W)

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14 8. An article of footwear as claimed in any  
15 preceding Claim in which the sole portion includes  
16 an insulating layer located underneath the pocket.

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18 9. An article of footwear comprising:  
19 -an upper portion dimensioned to at least partially  
20 enclose a user's foot;  
21 -a sole portion connectable with the upper portion;  
22 and  
23 a solid, microwaveable, insole-shaped heating pad,  
24 wherein the sole portion includes a pocket which is  
25 dimensioned for receipt of the heating pad, and  
26 wherein the article is adapted for removal and  
27 insertion of the heating pad.

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29 10. A method of heating a foot comprising the steps  
30 of:

31 -providing an article of footwear according to any  
32 of Claims 6 to 8;

- 1 -removing a heating pad from the pocket of the
- 2 article of footwear;
- 3 -heating the heating pad in a microwave for a
- 4 suitable amount of time;
- 5 -inserting the thus-heated heating pad into the
- 6 pocket of the article of footwear; and
- 7 -inserting the foot to be heated into the article of
- 8 footwear.